



ATTENTION NEW STUDENTS



Weight gain: Does it affect you?

Freshman- Be a Bloomsburg Husky! DON'T BE HUSKY!

You are on your own now. You are now a wild husky, away from home, family, and friends and left to make your own decisions. When making these decisions, keep in mind the importance of being healthy! Try and live by these HUSKY HABITS below to become a healthy husky!!!!

HUSKY HABITS



Exercise **DAILY**

-the student recreational center is free with tuition and is open daily



Eat **BALANCED** meals

-the Commons offers healthy choices every day!



Do not binge drink alcohol

-Each beer is about 150 calories



If you are more interested in becoming a healthy husky,

Check out these sources.

